## **Louisville Recreation Center Aquatics Program Pool**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
LANES	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	LANES
5:45 AM								5:45 AM
6:00 AM								6:00 AM
	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM			
7:00 AM								7:00 AM
	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	
	LAI SWIIVI	LAF SVIIVI		LAF SWIIVI				
8:00 AM								8:00 AM
							LAP SWIM	
9:00 AM								9:00 AM
	SWIM	CVA/IN/I	SWIM	SWIM	OPEN	SWIM	LAP SWIM	
	LESSONS	SWIM LESSONS	LESSONS	LESSONS	SWIM	LESSONS	LAI SVIIVI	
10:00 AM	8:25AM-	8:25AM-	8:25AM-	8:25AM-		8:25AM-		10:00 AM
	11:30AM	11:30AM	11:30AM	11:30AM		12:00PM		
					AQUA Vitality			
11:00AM					vitality			11:00 AM
					10:30-11:30			
12:00 PM								12:00 PM
		WATER MAT		WATER MAT				
1:00 PM		YOGA		YOGA				1:00 PM
		12:00-1:00pm		12:00-1:00pm		L	L	
						A	A	
2:00 PM						Р	Р	2:00 PM
	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN S	OPEN S	
	SWIM	SWIM	SWIM	SWIM	SWIM	SWIM W	SWIM W	
3:00 PM						I M	I M	3:00 PM
4:00 PM								4:00 PM
	MINI'S		MINI'S		MINI'S		CARDIO DEEP	
5:00 PM		a					Log Shallow	5:00 PM
		SWIM		SWIM			LOS SHAHOW	
		LESSONS 4:00PM-		LESSONS	TONE & FLEX	Class F: 4F	Close F: 4F	
6:00 PM	TONE & FLEX	4:00PM- 7:15PM	TONE & FLEX	4:00PM- 7:15PM	DEEP	Close 5:45	Close 5:45	6:00 PM
	DEEP	7.131 101	DEEP	7.13PW	Log Shallow		KEY	
	Log Shallow		Log Shallow		Close 6:45	LAP	SWIM	
7:00 PM			208 3Hallow		Close 6:45			7:00 PM
	WATER MAT		WATER MAT			OPEN	N SWIM	
	YOGA/ FIT		YOGA/ FIT					
8:00 PM	7:15-8:15 pm		7:15-8:15 pm			cont		8:00 PM
	OPEN	OPEN	OPEN	OPEN		Kate Me		
	SWIM	SWIM	SWIM	SWIM		303.335.4		
9:00 PM	Close 8:45	Close 8:45	Close 8:45	Close 8:45		katem@louis	Svilleco.gov	9:00 PM
	0.003 0.13	0.003 0. 13	0.000 0.10	0.003 0.13				

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